

PLAN WITH PURPOSE: A WEEK OF PERFORMANCE NUTRITION

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TO START...

This is a flexible menu. In other words, play around with what you, personally, like to eat! If you don't like peanut butter, choose almond butter; if you don't like blueberries, eat a peach; if you don't eat meat, opt for a high protein alternative, like soy. If you're confused about which foods are interchangeable, please ask.

Getting *enough* calories is often challenging for athletes, so take advantage of the freebies offered to you. Bars, milks, juices and meals provided by Cal Athletics are meant to help alleviate some of the monetary and schedule-related burden all athletes face when fueling themselves.

The UC Berkeley Food Pantry is also a valuable resource, providing students two free, no-questions-asked "grabs" every month. Among their inventory are soups, bars, canned tuna and salmon, vegetables, pastas, grains, alternative milks and juices.

The following meal plan is meant to be a tool for all athletes looking to learn to eat consistently throughout the day, for an example of how to incorporate fruits and vegetables into their diet and/or embrace the challenge of "Fueling with Purpose."

Recipes for Peanut Butter Overnight Oats, Quinoa Veggie Saute, Jerk Chicken and Garlic Toasted English Muffin Recipes can be found in the Cal Athletics cookbook, "Golden (Bear) Recipes."

WHAT DO I EAT?

MONDAY - 2139 KCAL, 126 G PROTEIN

Breakfast

- ½ cup Peanut Butter overnight oats
- 1 apple
- 8 oz 1% milk

Mid-morning snacks

- ¼ cup mixed nuts (Grab 'n Go bag)



- 8 oz. apple juice

Lunch

- 10 chicken potstickers
- 1 cup quinoa veggie saute (olive oil)
- 1 handful of carrot sticks
- 1 orange, sliced

Mid-afternoon snacks

- Muscle Milk (Cal)
- 6-8 crackers

Dinner

- Jerk chicken (3 oz)
- 1 cup caesar salad w/ 2 tbsp dressing
- 1 “garlic toasted” English muffin
- 5-6 stalks grilled asparagus
- 8 oz. 1% milk

Bedtime Fix

- ½ cup strawberries
- 2 squares dark chocolate
- Energy bar (Cal)

TUESDAY - 2117.5 KCAL, 100 G PROTEIN

Breakfast

- ½ cup Peanut Butter overnight oats
- 8 oz. apple juice

Mid-morning snacks

- Energy bar (Cal)
- 8 oz. skim milk

Lunch

- 1 cup Caesar salad
- 2 tbsp dressing
- Jerk chicken (3 oz), sliced into salad
- ½ cup carrots, raw
- ¼ cup strawberries, sliced

Mid-afternoon snacks

- ¼ cup mixed nuts
- 6-8 whole wheat crackers
- 1 apple

Dinner

- 1 can minestrone soup
- ⅓ cup rice, added in soup
- ⅓ cup black-eyed peas, added in soup
- 1 orange, sliced
- 1 “garlic toasted” English muffin
- 8 oz. apple juice

Bedtime Fix

- 1 chocolate milk (Cal)
- 1 cups blueberries



- 2 squares dark chocolate

WEDNESDAY - 2298.5 KCAL, 92 G PROTEIN

Breakfast

- ½ cup Peanut Butter overnight oats
- 1 apple

Mid-morning snacks

- 1 chocolate milk
- 6-8 whole wheat crackers
- 2 tbsp hummus

Lunch

- 2 PB&J on whole wheat English muffins
- ⅓ cup strawberries, sliced



- Handful of carrot sticks
- Energy bar (Cal)

Mid-afternoon snacks

- ¼ serving mixed nuts

Dinner

- 10 chicken potstickers
- ⅓ cup quinoa veggie saute

Bedtime Fix

- 1 orange, sliced
- 8 oz. skim milk

THURSDAY - 2348 KCAL, 121 G PROTEIN

Breakfast

- 2 PB&J sandwich on whole wheat English muffin
- 1 banana
- 8 oz. skim milk

Mid-morning snacks

- 1 apple



- 1 Muscle Milk (Cal)

Lunch

- Jerk chicken (3 oz)
- 1 cup caesar salad w/ 2 tbsp dressing
- 1 “garlic toasted” English muffin
- 1 orange, sliced

Mid-afternoon snacks

- Energy bar (Cal)

Dinner

- 10 chicken potstickers
- ⅓ cup quinoa veggie saute
- Handful of carrot sticks
- 1 orange, sliced
- 8 oz. skim milk

Bedtime Fix

- 1 cup strawberries, whole
- 2 squares dark chocolate

FRIDAY - 2426 KCAL, 118 G PROTEIN

Breakfast

- 2 fried eggs
- 1 whole wheat English muffin
- Handful of cherry tomatoes
- 1 apple

Mid-morning snacks

- 1 orange, sliced



- 8 oz. skim milk

Lunch

- 2 PB&J on whole wheat English muffin
- 1/3 cup strawberries, sliced
- Handful of carrot sticks
- Energy bar (Cal)

Mid-afternoon snacks

- 1 chocolate milk (Cal)
- 6-8 whole wheat crackers

Dinner

- 1 can minestrone soup
- 1/3 cup rice, added in soup
- 1/3 cup black-eyed peas, added in soup
- 1 "garlic toasted" English muffin

Bedtime Fix

- 1 apple + 2 tbsp peanut butter + 1 tsp honey

SATURDAY - 2218 KCAL, 111 G PROTEIN

Breakfast

- 2 fried eggs



- 1 whole wheat English muffin
- Handful of cherry tomatoes
- 1 orange

Mid-morning snacks

- 1 apple
- 6-8 whole wheat crackers

Lunch

- 10 chicken potstickers
- 1/3 cup quinoa veggie saute
- Handful of carrot sticks
- 1/4 cup sliced strawberries

Mid-afternoon snacks

- 1 chocolate milk (Cal)
- 6-8 whole wheat crackers

Dinner

- Jerk chicken (3 oz)
- 1 cup caesar salad w/ 2 tbsp dressing
- 1 "garlic toasted" English muffin
- 5-6 stalks grilled asparagus
- 8 oz. 1% milk

Bedtime Fix

- 1 orange, sliced
- 1 cup blueberries

SUNDAY - 2084 KCAL, 97 G PROTEIN

Need to buy...

Breakfast

- 2 fried eggs
- 1 whole wheat English muffin
- Handful of cherry tomatoes
- 1 apple

Mid-morning snacks

- 1 chocolate milk (Cal)
- 1 orange

Lunch

- 1 cup Caesar salad
- Jerk chicken (3 oz), sliced into salad
- 1 "garlic toasted" English muffin
- ½ cup carrots, raw
- ¼ cup strawberries, sliced

Mid-afternoon snacks

- Energy bar (Cal)
- ½ cup blueberries

Dinner

- 1 can minestrone soup
- ⅓ cup rice, added in soup
- ⅓ cup black-eyed peas, added in soup
- 1 orange, sliced
- 1 "garlic toasted" English muffin
- 8 oz. skim milk

Bedtime Fix

- 1 cup strawberries, whole
- 2 squares dark chocolate



- Apples
- Oranges
- Banana
- Blueberries
- Strawberries
- Soy milk (skim milk, almond milk, etc)
- Mixed nuts
- Peas
- Carrots sticks
- Chicken breast (+ seasoning)
- Caesar salad
- Grilled asparagus (frozen)
- Minestrone soup (vegetable soup)
- Black-eyed peas
- Eggs
- English muffins
- Cherry tomatoes
- Chocolate

Bulk buy

- Peanut butter
- Honey
- Olive oil (vegetable oil)
- Rice
- Potstickers
- Quinoa
- Oatmeal (breakfast cereal w/ protein)

~ 2233 kcal per day
~109 g protein per day

Total cost groceries: \$61

COST BREAKDOWN

<i>Need to buy...</i>	<i>... will cost</i>
<input type="checkbox"/> Apples	→ \$3
<input type="checkbox"/> Oranges	→ \$3
<input type="checkbox"/> Banana	→ \$2
<input type="checkbox"/> Blueberries	→ \$4
<input type="checkbox"/> Strawberries	→ \$4
<input type="checkbox"/> Oatmeal (breakfast cereal w/ protein)	→ \$0 (UC Berkeley Food Pantry)
<input type="checkbox"/> Soy milk (skim milk, almond milk, etc)	→ \$0 (UC Berkeley Food Pantry)
<input type="checkbox"/> Mixed nuts	→ \$5
<input type="checkbox"/> Quinoa	→ \$3
<input type="checkbox"/> Peas	→ \$2.50
<input type="checkbox"/> Carrots sticks	→ \$2.50
<input type="checkbox"/> Potstickers	→ \$7
<input type="checkbox"/> Chicken breast (+ seasoning)	→ \$7
<input type="checkbox"/> Caesar salad	→ \$2.50
<input type="checkbox"/> Grilled asparagus (frozen)	→ \$3.50
<input type="checkbox"/> Minestrone soup (vegetable soup)	→ \$0 (UC Berkeley Food Pantry)
<input type="checkbox"/> Rice	→ \$0 (UC Berkeley Food Pantry)
<input type="checkbox"/> Black-eyed peas	→ \$3
<input type="checkbox"/> Eggs	→ \$3
<input type="checkbox"/> English muffins	→ \$3
<input type="checkbox"/> Cherry tomatoes	→ \$3
<input type="checkbox"/> Peanut butter	→ Pantry staple
<input type="checkbox"/> Honey	→ Pantry staple
<input type="checkbox"/> Olive oil (vegetable oil)	→ Pantry staple
	<i>\$61</i>

... TO END.

Please come and visit a Cal Athletics Registered Dietician if you have any questions about the resources available to you or performance nutrition, in general. Send your questions to or schedule an appointment with Kirsten at kgraves@berkeley.edu.

Fuel with Purpose.

Plan with Purpose.

And as always, Go Bears!